

DAY 2

THE 60-SECOND WORKOUT



WEEK 1

DAY 2

The 60-Second Workout

Today is another easy day. You will be continuing to work on your meal frequency, and you are going to add a couple of exercises to make your muscle tissue burn calories far more efficiently. All you have to do is two workouts today that last no more than 60 seconds each.

For those of you who haven't worked out in a long time: Don't be afraid of the word "muscle."

Muscle is the best calorie-burning tissue the body has, and when the muscles are called into action, their calorie-burning ability can increase as much as twentyfold. And listen to me, you can get those results without having to use barbells. You don't have to do 10 reps while lying in a vulnerable position under a bulky machine. You do not, I repeat, do not need to devote several afternoons a week putting on workout clothes, going to a gym, spending an hour working up a sweat, showering, dressing again and going home.

THE EASY TRUTH ABOUT MUSCLE TRAINING

I admit, I was once a bodybuilder wannabe.

I devoted my life to the gym. But today, my workouts are a lot easier and shorter, and I don't feel like I am missing a thing. I want to let you in on a little secret. If you closely watch a big-time weightlifter do a series of repetitions with weights, you'll notice that the time he is actually lifting is about 60 seconds or less before he takes a long rest.

Essentially, that's what you'll be doing, except you won't be producing the stereotypical "pumping iron" muscle.

This will be lean, silky, beautiful muscle. You'll be taking your long-dormant skeletal muscle tissue (which right now probably feels like fat) and you'll be rebuilding its elasticity and tone.

I can't tell you how many of my old-school colleagues give me a hard time about the idea of my 60-Second Workouts. They say, "Oh, come on, who can get in shape in 60 seconds?"

WEEK 1



And I always reply, “Hey, I’ve met a lot of people who have turned their lives around with just one 60-Second Workout.” As time passes, they add more 60-Second Workouts each day. I know people who were unable to get through 30 seconds of a 60-Second Workout, and a few weeks later were doing a dozen of them per day.

Despite all the huffing and puffing you see at health clubs, the truth is that the most elementary resistance exercise – leaning one arm against the wall, placing your two hands together and pushing – stimulates the kind of muscle activity that can burn calories. It’s not the weight you use that counts, it’s how you use the weight. That’s one of the beauties of the 21-Day Slimdown. Rather than being inundated by a lot of restrictive instructions on how to work your biceps, triceps and abs, you only need to use your body weight on some simple exercises. In later weeks, you occasionally might use cans from your pantry as dumbbells, and somewhere down the road you might even join a gym. But that’s up to you. All you have to do in this program are quick, easy exercises you will always be able to fit into your schedule.

In the Exercise Guide, you’ll see photos and descriptions of the 60-Second Workouts. Some work your upper body, some your lower body, and there are others that stretch your muscles and give you the critical elasticity to keep your muscle tissue vibrant.

YOUR DAY 2 EATING GUIDE

Are you continuing to spread out your meals evenly? If you are the type who has tried all your life to eat twice per day at most, you’re probably wondering if you can make yourself eat every three hours. All I want you to do is try. Add meals, whatever they are. You have to get yourself into the routine of meal frequency. If you are the type who nibbles and eats all the time, then try to limit yourself to five specific mealtimes every three hours. Don’t get impatient and think there is so much more to do. Just by spreading out your meals, you are reconditioning your body to lose weight.

Let me again show you how to spread out your meals:



Meal 1	Meal 2	Meal 3	Meal 4	Meal 5
Eat your regular breakfast.	Eat your regular lunch.	Eat a snack.	Eat your regular dinner.	Eat a late-night snack.



YOUR DAY 2 WORKOUT

For today, your goal is to complete two 60-Second Workouts.

Let's do an upper-body and lower-body workout. (As we continue through the program, I will not require you to do any specific workouts. In this program, any muscle-building exercise, regardless of where it is on the body, is going to get results.)

The first workout for you to do is what I call the Modified Push-up.

Instead of being on the ground doing the far more difficult Marine-style push-up, this is a push-up you can perform from your desk at work, kitchen counter or dining room table. Stand about three feet away from the desk or table. Lean forward at an angle and place your hands, which should be shoulder-width apart, against the object. Do push-ups for about 60 seconds, or as long as you can last. The slower you perform the push-ups, the better your workout will be.

Now, let's do a lower-body workout: Standing Heel Raises. Stand with your feet together, go up on your toes, and when you come down, let your heels just barely touch the ground. Repeat over and over for 60 seconds, or as long as you can last.

If you were laughing before at the idea of 60-Second Workouts, I bet you aren't laughing now. I doubt very many of you are able to go the entire 60 seconds. That's normal. Now do you realize what kind of workout you can do in that short space of time?

EVENING PEP TALK

There's no other way around it: To make your muscle cells work more efficiently, you've got to work them out. Allowing a muscle to go unused not only compromises your health, but also keeps you from full physical potential. Not as much blood travels through an unused muscle, which means that muscle won't get enough oxygen and calcium, which in turn means your tendons and ligaments become fragile. 80 percent of all low-back pain may be attributed to muscular deficiency. Studies also show that those who do not do any kind of muscle toning are more likely to develop osteoporosis, a condition in which your bones weaken and you start to hunch over as you get older.

If you're worried you're going to look like a bodybuilder, forget it.

Research professors on women's health have verified that a basic resistance exercise program (i.e., something like the 60-Second Workouts) will lead to phenomenal gains in a woman's strength with very little change in the overall size of her muscle. Instead of worrying about your appearance as a result of the 60-Second Workouts, you should be celebrating the fact that what you'll see is a decrease in the size of your hips and thighs because of the significant amount of fat that you'll lose. You don't get bigger. You only look better. Who can complain about that?

I have no doubt you are quickly going to realize your time to exercise is precious in your life.

But like everything else, don't overdo your workouts. Relax. More weight is not great. You don't gain through pain. To me, pain only means one thing – you're hurting. And I think by now you know all too well that if you feel pain or burn out too quickly, you're going to call it quits.



Slimdown Tip: *Vitamins*

My feelings about vitamins have flip-flopped in the past few years.

I once believed you should take everything that was made, from liver tablets to protein powders to megavitamins. Then I went through a phase where I felt no vitamins were necessary. Today, I believe vitamins have a place as long as they are used in moderation and not as substitutes for healthy eating. Here's what I would do: Take a good multivitamin or packet of vitamins as recommended. It's a great addition to your program because even with the best eating, you can still use some added vitamins. For those of you who are vegetarians, a protein supplement such as a protein powder can help.

